

"MADE-OVER" DISHES OFTEN QUITE GOOD

Fall Weather Brings With It
a Chance to Serve Many
Nice Things to Eat.

MASHED UP BEANS ARE APPETIZING

Can Be Made to Taste Much Better
Than Would Be Imagined—Re-
cipes for Good Things.

With the coming of the cool fall days and the foregathering of families once more under various and sundry roof-trees, comes the question—always rather a perplexing one—what to serve for luncheon. The Mexicans are an ingenious people in compounding odd dishes, and some of them are really delicious and quite practical. Here is one way of preparing the always available sardine, which offers a little variety.

Take the sardines carefully from the box, skin and bone them and place them on brown paper in order that the oil may be absorbed. Cut strips of bread a little longer and broader than the fish, removing all crusts, and toast them a delicate brown, put a sardine on each piece and put into the oven until heated through. When ready to serve sprinkle each one with grated parmesan cheese, lay a thin slice of pimiento on top and serve immediately.

Chopped beef may be disguised in the following fashion: To a cupful of chopped beef, soaked in hot water and chopped fine, add a cupful of strained tomatoes, two hard-boiled eggs chopped fine, a little grated onion, one tablespoonful of grated cheese, a chile pepper chopped fine and a big lump of butter. Mix all these together, beat in two raw eggs and scramble in a frying pan.

To Cook Round Steak.

One way to cook round steak is to cut it into small pieces and put it into a frying pan with a tablespoonful of hot lard, four tablespoonfuls of rice which has been soaked in water, a cupful of boiling water and a little chopped onion. Cover closely and cook slowly until tender. Remove the seeds and veins from four Mexican peppers, cover with a half pint of boiling water and let stand till cool; strain the pulp from this, add salt and a little flour to thicken, pour over the cooked meat, let boil for a moment and serve very hot.

Chicken à la mode—Boil a chicken slowly until tender. When cold cut from the bones in small pieces and place in a bowl. Add a tablespoonful of chopped parsley, an onion, a pepper chopped fine and season with salt. Line a baking dish with cooked macaroni, pour in the chicken, cover and cook for an hour. Serve with tomato sauce.

One of the most difficult problems which confronts the housekeeper at this season of the year is the lunch basket. School children, young and old, and sandwich fillings which are easily prepared, which may help out now and then and afford a change from the sliced ham or beef. Remove the bones from sardines and mash them to a paste with lemon juice and spread between thin slices of brown bread.

Mashed Beans.

Cold baked beans mashed to a smooth paste and seasoned with a little chopped celery, taste much better than it sounds, and even the humble prunes may be utilized by chopping them and mixing them with chopped English walnuts, or figs and nuts chopped and mixed together make a palatable filling.

If the cold beef or ham is the only available material it is more appetizing if minced and seasoned with a tiny bit of celery salt or catsup. A plentiful supply of oiled paper should be always on hand, and each sandwich and picnic wrap wrapped separately, for no matter how good a luncheon may be, it must have an attractive appearance to be thoroughly enjoyed and appreciated.

During the first days of autumn the house fly, while not with us in such great numbers, makes up for it by becoming especially annoying. While not so vicious, and the sticky fly paper, placed for his undoing, is often the cause of various mishaps to members of the household as well. Alcohol is about the only remedy for this, as it will remove the sticky gum from any fabric.

Peanut Taffy.

Peanut Taffy—Boil together a cupful each of molasses and brown sugar, a tablespoonful of vinegar and two tablespoonfuls of butter. When a little dropped into cold water is brittle add a cupful of blanched peanuts, remove at once from the fire, add a teaspoonful of baking soda, beat hard and pour into buttered pans.

Chocolate Caramels—Boil together two pounds of granulated sugar, a quarter of a pound of grated chocolate, a half pint of milk and a quarter of a pound of butter; cook until a bit harder when dropped into cold water. Flavor with vanilla, remove from the fire, beat well and pour into buttered tins. When cool cut into squares with a buttered knife.

Gingered Pears—Peel and core and cut into very thin slices. For eight pounds of sliced fruit put into a kettle the juice from five lemons, one cupful of water, seven pounds of sugar and half a pound of ginger root, scraped and cut into thin slices. Let the sugar dissolve before adding the fruit. Cut the peel of a lemon into long, thin slices and add to the fruit. Let it cook slowly for an hour, uncovered, and can while hot.

Candles will burn slowly and steadily all through the evening if they are kept on ice all day. Save the candle ends, melt, add an equal quantity of turpentine and you will have a good polish for floors and

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LOCAL MENTION.

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The Free Violin School For boys and girls (6 to 14 years) conducted successfully the past two years by Mr. and Mrs. Frank T. Benjamin, will reopen Thursday 4 p. m., Oct. 8, Rythian Temple, 102 9th st. Free use of violins at classroom. Pupils required to purchase instruction book, \$2.50; entitled holder to one year's lessons free. Select class assured. Parents call Thurs. and be convinced.

Genuine Chili Con-Carne Aids digestion. The Ranch, 507 F st. n.w.

"Star of the East" Flour, \$5.75 Bbl., 6 lb. sample, 15c; New Hominy, 15c qt.; New Beans, 3c qt.; Potatoes, 25c pk.; Onions, 15c pk.; Malaga Grapes, 10c lb.; 4 cans Tomatoes, 25c; Corn, 6c. J. T. D. Fyler's stores.

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AIDS FORCES OF SCIENCE



MRS. PHILIP N. MOORE,
Missouri Woman, Who Is the President of the General Federation of
Women's Clubs, Attending Tuberculosis Congress.

ANSWERS TO QUESTIONS

RUSH QUERIES—Will be answered by telephone, Call Main 559 and ask for The Times Bureau of Information.

This department is conducted with the desire to give information, and to be of practical service to The Times readers. If answers to questions by mail are desired, stamped and addressed envelopes must be inclosed. No attention can be paid to questions relating to minor personalities of the stage, republishing of poems or quotations, or the solving of mathematical problems.

Convention Hall.
A. J. E.—Inquire at the hall.

Date of Terra Cotta Wreck.
C. A. L.—The Terra Cotta wreck happened on the evening of December 30 on the Baltimore and Ohio line. If you call at the circulation department of The Washington Times Company they will be able to supply you with copies of the paper containing the story of the disaster.

Drills at Fort Myer.
H. A. M.—The drills at Fort Myer will be resumed about the 1st of November.

Correct Acknowledgment of a Wedding Present.
G. S. I.—Write a note to the sender of the wedding present thanking them for the particular article sent. Make the note very simple and sincere.

Games for Halloween Party.
M. H. H.—Have a card and candle for each guest, the candles in as many

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SOME TIMELY HINTS FOR STOUT WOMEN

Careful Attention to Her
Manner of Dressing Is
the Secret.

Here is some good advice to the stout woman: Don't cut yourself in two. Nothing is as ugly as a fat woman with a sharp waist line. Dress yourself in one piece, if possible. Don't let your middle be divided by a belt or any sharp contrasting tone. Wear a black girdle or one that matches the costume. Dress your shoulders narrow; wide shoulders shorten a woman and make her look fat. Make your shoulder line as tight-fitting, as long, and as slim as you can. Wear a tall hat; it is immensely becoming to the heavy woman. It needn't be a skyscraper, but it can tower a little. Let it be rather compact; feathers are apt to make a woman's head look too big. Dress your throat long and slim. The tall, tight-fitting stocks, wired back of the ears, are excellent.

CHICKEN SOUFFLE FOR THE LUNCHEON

A Dainty Dish That Can Be Quickly Prepared by Busy Housekeepers.

Every housewife gets worried now and then over what to serve for luncheon. She may want a very little, but she wants that little nice.

If she has a friend or two in for that meal she would like to serve something a little out of the ordinary. If she has not tried chicken souffle she should do so at once, or put this recipe away in her scrap book until the important moment. It is made by finely chopping one pint of cooked chicken and adding one pint of creaming sauce, four eggs, a little onion juice, salt and pepper.

The chicken is stirred into the boiling sauce after it has been seasoned. It is cooked for two minutes.

The yolks of the eggs, which have been well beaten, are then added, and it is set away to cool. When cold, the whites of the eggs, which have been beaten to a stiff froth, are added. This is all turned into a buttered dish and baked for half an hour. It may be served with cream sauce.

ONE OF NOVEL WAYS OF SERVING CELERY

Cut celery into two-inch pieces, which are then cut into strips about as thick as a coarse straw. Put it on ice to get crisp.

Make a thick mayonnaise, in which onion and a little tarragon vinegar have been used, also plenty of paprika. Thin the mayonnaise with lemon, but have it very thick.

Dissolve a tablespoon of gelatin in every 1 1/2 pint of the mayonnaise. Cover it with a little cold water to soak, and when soft, dissolve over hot water kettle.

Stir the celery carefully into the dressing, then add the celery, pour into a mold and set on the ice to firm. Serve on a bed of lettuce leaves, with stuffed olives dotted over the top of the salad.

HAM AND EGG SANDWICH.

Thin slices of bread buttered, four tablespoonfuls of finely chopped ham, four hard-boiled eggs, one teaspoonful finely chopped parsley, a quarter teaspoonful of dry mustard, a pinch of salt, and one tablespoonful melted butter.



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HUMANITARIAN FROM WEST



MISS KATE BARNARD,
A State Officer in Oklahoma, Who Attended the Tuberculosis Congress in
Washington.

Miss Kate Barnard, the only woman ever elected to a State office, author of three plans in the Oklahoma constitution, and now State commissioner of charities and correction for the Baby State, was a delegate to the Tuberculosis Congress just closed.

Miss Barnard for five years was engaged in humanitarian work before being placed in charge of the Oklahoma board. So well had she become known throughout the State that she ran ahead of Governor Haskell 5,000 votes, defeating her opponent by many thousands.

While in Washington she and the Oklahoma delegation will endeavor to interest humanitarians in the Baby State, which is as yet unable to build even a reformatory for its young criminals. Miss Barnard wishes a reformatory erected before a State penitentiary.

"Oklahoma has had a hard burden to bear," she said, "on account of the dumping of a lot of unfortunate people upon us by the larger cities. A lot of them are sent there in the belief that a home would be easily found. They become stranded and a burden to the State. Others come of their own volition, but without money, all of which increases the need of charity work."

"The State offers wonderful opportunity to live, energetic men and women, but just now, in Oklahoma City, especially, we are having to take care of a lot who come without either money or energy. I hope to interest some of the leading humanitarians at the congress to visit us and help in our preliminary charity work."

Accompanying Miss Barnard, and representing Oklahoma in the congress, are Mrs. Lila B. Lindsay, a part Cherokee and president of the Indian Territory Federation of Women's Clubs; Dr. Elizabeth Johnson, Oklahoma City; State Senator George O. Johnson, Fort Cobb; Dr. Harper, Afton, Mrs. Johns, Chickasha; Dr. Settle, of Winwood; Dr. Bailey, Shawnee.

PIMENTOS GOOD MADE OF PEPPERS

Hostesses do not often enough make use of the small sweet peppers called pimientos. They are artistic accompaniments to many dishes, with the added advantage that they can be eaten.

They will quite transform ordinary shredded cabbage if made as a border around the edge of the salad dish, the whole masked with mayonnaise. Equally attractive are they when edging a border of rice around stewed chicken or surrounding boiled fish with white sauce.

It is the tea grown on the hillside of the world-famous Nuwara Eliya district in Ceylon, used in "Salada" Tea, that gives it that rich, uniform delicious flavor.—Advt.

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